

Living Well with Disabilities

Partnering with the YMCA and ABIL

**ARE YOU OR SOMEONE
YOU KNOW LIVING WITH A
PHYSICAL DISABILITY?
THEN OUR LIFE-SKILLS
WORKSHOPS MAY BE THE
PROGRAM FOR YOU!**

- 10 WEEK SESSIONS,
WITH 2 HOUR
WEEKLY MEETINGS
- FREE OF CHARGE
- FOR ADULTS 18
YEARS AND OLDER

Topics such as goal setting, problem solving, self-esteem, nutrition, depression, and advocacy will be discussed in the workshops.

Two 10-week sessions offered with Arizona Bridge to Independent Living (ABIL)

Mesa – East Valley Office
2150 S Country Club Dr. Ste 10
Mesa, AZ 85210

Phoenix – Disability Empowerment Ctr
5025 E Washington St. Ste 200
Phoenix, AZ 85034

Mondays: 10:30 am – 12:30 pm

January 9th
January 23rd
January 30th
February 6th
February 13th
February 27th
March 5th
March 12th
March 19th
March 26th
April 2nd

Fridays: 11:00 am – 1:00 pm

January 6th
January 13th
January 20th
January 27th
February 3rd
February 10th
February 17th
February 24th
March 2nd
March 9th
March 16th

There are openings for up to 10 people for each session, so sign up today!

Are you interested in attending our workshops?

Please call or email to request reasonable accommodations and to get registered today!

Register Online LWD2012.eventbrite.com

Registration help: John Beaubien 602-443-0738 - johnb@abil.org

All ABIL Events are fragrance free. Please do not wear scented products! Thank you!